



MCGUIRE-DENT MULTI-PURPOSE ROOM SCHEDULE



SCAN FOR
DIGITAL
COPY!

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM		YOGA W/ GALEN 6:00PM-7:00PM	YOGA W/ CHRISTOPHER 6:30PM-7:30PM	YOGA W/ JENNIFER 6:00PM-7:00PM + YOGA TONING 7:00PM-7:30PM	YOGA W/ CHRISTOPHER 6:30PM-7:30PM		
7:00 PM							

NOTICE:

This room is also booked for community meetings, functions, and other related events. It is subject to availability & approval. Check with the front desk if you have any questions.



MCGUIRE-DENT FITNESS ROOM SCHEDULE



SCAN FOR
DIGITAL
COPY!

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM		DANCERCIZE & BREATHING FOR SENIORS					
12:00 PM			KICKBOXEROBICS W/ FERNANDO	KICKBOXEROBICS W/ FERNANDO	KICKBOXEROBICS W/ FERNANDO		
1:00 PM							
2:00 PM							
3:00 PM		TWO-STEP DANCING W/ CHARLIE 3:00-5:30PM					DANCERCIZE & BREATHING FOR SENIORS
4:00 PM							
5:00 PM							
6:00 PM			KICKBOXEROBICS W/ FERNANDO		KICKBOXEROBICS W/ FERNANDO		
7:00 PM							

NOTICE:

Open hours in schedule = Open Recreation Time*

* Unless the room has been scheduled for other activities or meetings by Staff.



MCGUIRE-DENT GYMNASIUM SCHEDULE



SCAN FOR
DIGITAL
COPY!

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 AM			PICKLEBALL ALL PLAY 7:00AM-10:00AM		PICKLEBALL ALL PLAY 7:00AM-10:00AM	PICKLEBALL ALL PLAY 7:00AM-10:00AM	
8:00 AM		BADMINTON 8:00AM-10:00AM		BADMINTON 8:00AM-10:00AM			
9:00 AM							PICKLEBALL ALL PLAY 9:00AM-12:00PM
10:00 AM			PICKLEBALL 3.5 & LOWER 10:00AM-1:00PM		PICKLEBALL 3.5 & UP 10:00AM-1:00PM		
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM				[CLOSED] FOR YOUTH LEAGUE PRACTICE BEGINNING 12/7 5:30PM-6:30PM			
6:00 PM		OPEN BASKETBALL 6:00PM-7:45PM	FUTSAL 6:00PM-7:45PM	OPEN BASKETBALL 6:30PM-7:45PM	FUTSAL 6:00PM-7:45PM	OPEN BASKETBALL 6:00PM-7:45PM	
7:00 PM							

NOTICE:

Open hours in schedule = Open Recreation Time*

* Gym will be equally shared during open recreation.